

Book Title	Author(s)	Topic
Depression/Anxiety		
Brain Lock	Schwartz, Jeffrey	OCD, Depression, Anxiety
You Are Not Your Brain	Schwartz, Jeffrey	OCD, Anxiety
Unbroken Brain	Szalavitz, Maia	Anxiety, Depression
The Relaxation and Stress Reduction	Davis, Martha	Stress, Anxiety, Relaxation
Anxiety and Worry Workbook	Clark, David	Anxiety
The Feeling Good Handbook	Burns, David	Depression, Anxiety
ADHD		
Taking Charge of ADHD	Barkley, Russell	Attention Deficit and Hyperactivity Disorder
Taking Charge of Adult ADHD	Barkley, Russell	Attention Deficit and Hyperactivity Disorder- Adults
Grief and Loss		
Healing After Loss: Daily Meditations for Working Through Grief	Whitmore, Martha	Grief, Loss, Meditation
I'm Grieving as Fast as I Can	Feinberg, Linda	Grief, Loss
Please be patient, I'm Grieving	Roe, Gary	Grief, Loss
Parenting		
Liking the Child You Love	Bernstein, Jeffrey	Parenting
10 Days to a Less Defiance Child	Bernstein, Jeffrey	Parenting
Transforming the Intense Child Workbook	Glasser, Howard	Parenting
Substance Use and Recovery		
Beyond Addiction	Foot, Jeffrey; Wilkens, Carrie	Substance Use, Recovery
Twelve Secular Steps: An Addiction Recovery Guide	W, Bill	Substance Use, Recovery
Adolescents/Teens		
Stopping the Pain: A Workbook for Teens Who Cut and Self-Injure	Shapiro, Lawrence	Self-Harm, Teens
The Anxiety Workbook for Teens	Schab, Lisa	Anxiety, Teens
The Anger Workbook for Teens	Cassada Lohmann, Raychelle	Anger, Teens
Relationships/Couples		
The Relationship Cure	Gottamn, John	Relationships
The Seven Principles to Making a Marriage Work	Gottamn, John	Relationships